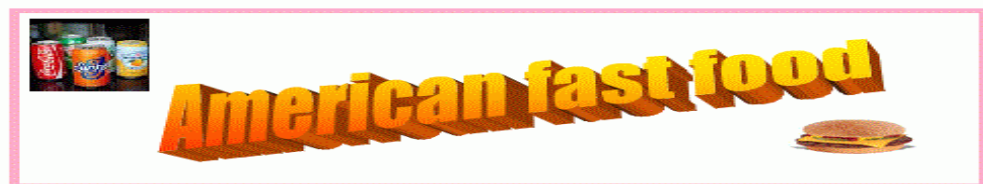


American fast Food and health hazard and their solution

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Abstract: Food is very essential for growing and doing work for everyday life to keep every work in pace and also updated, Most of our activity and their efficiency depend on food and we must care taking food which is clean and healthy .



আমেরিকান ফাস্ট ফুড রেসিপি

American First food recipe's

Cheese Berger:

Ingredient:

Berger bun

Berger meat

Slice cheese

Mayonnaise

Ketchup

Lettuce

Tomato

Onion

Pickle

Process

Make Berger bun hot and Berger meat grilled, spread mayonnaise ,ketchup on the bread put lettuce ,tomato onion pickle on the bread ,put meat and then serve hot with french Fri and soda



Bacon cheese Berger: same as above put bacon on meat cooked,

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Berger বান গরম এবং Berger মাংস ভাজা, বিস্তার mayonnaise, রুটি রাখা lettuce নেভিগেশন ketchup করুন, টমেটো পেঁয়াজ রুটি নেভিগেশন pickle, মাংস রাখা এবং তারপর french শুক্র ও

সোডা দিয়ে গরম পরিবেশন

বেকন cheese Berger: মাংস রান্না নেভিগেশন উপরে রাখা বেকন হিসাবে একই,

Double bacon cheese Berger: same as before put double meat

Phyly chese stick



Ingredient

Hero bread

Meat

Mayonnaise

Ketchup

Lettuce tomato onion

Process

Make hero bread hot

Make the meat cooked and after slicing mix with green paper and onion

Spread maonase and ketchup on the bread put cheese if customer want

Spicy chicken sandwich

In gradient

Spicy chicken sandwich meat

Mayonase ketchup

Tomato lattuce

Make bread hot and chicken meat fried in deep frying machine

Spread mayonnaise ,ketchup on the bread and put lettuce and tomato on the bread, put meat and serve hot with French fri and soda

Grill chicken rice and salad

Rice chicken salad dressing white sauce, hot sauce

Procedure:

Take boneless chicken breast, laminate with all spices and oil, hot grill cook with onion and green paper serve with hot rice and white sauce for good test.

French fry, cheese fry curly fry, sweet potato fry crispy fry

Gyro with pita bread chicken gyro lamb gyro beef gyro

Pop corn chicken

KISSIMMEE FLORIDA

St.CLOUD Osceola Disney

World Hotel Restaurant ...

1600 × 1098 - 159k - jpg

Procedure

Spread dough and then put marinara sauce and then spread mozzarella cheese ground and cook in the oven for 10-15 minutes

Break fast

Bagel with cream cheese

egg sausage pan cake and toast home fry

egg and rule and bacon sauces

French toast:

Chicken nugget



Chicken leg thigh side breast center breast

Plain cheese cake

Strawberry cheese cake sweet potato pie

Chocolate cake

Red velvet mash potato

Carrot cheese cake

Lemonade and ice tea

Chocolate

Vanilla

Pistachio

Grip nut

flower

pizza sauce

black paper

garlic

adoba

Parmesan cheese

salad dressing

Italian

Rench

French

White sauce

Gyro sauce

Mayonese

Mozzarella cheese

American cheese

Tomato

Lettuce

Green paper

Onion

Pickle

Cucumber

Carrot

Red onion

Orange

Apple

Chicken nugget

Mozzarella stick

Pop corn chicken

Shrimp basket

Chicken tender

Muncher

Chicken strip

Whiting fish

Tilapia fish

Spicy chicken sandwich

Fish sandwich

Chicken sandwich

Cheese Berger

Macaroni cheese

Banana pudding

Mash potato

Ice cream www.arcticicecream.com

Chocolate

Vanilla

Grip nut

Pistachio

Red velvet

Rum and raisin

Cuckis and cream

birthday cake

Chocolate muse

Carrot cheese cake

Cheese cake

Soda

Ice tea brisk

Sunkist

Snapple

Pepsi

Coca cola

Sprite

Tropicana

Cranberry

Tropicana

Lemonade

Milkshake

Garden salad:

Lettuce, cucumber, carrot, red onion and salad dressing

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Comments : We should keep healthy and do work to keep our life in good and prosper.